

Sanitizing Solutions

Caring for Our Children pgs. 417-418, 481, 483, 491, Appendix I

Sanitizing is used to remove disease-spreading germs from surfaces. For a surface to be considered sanitary, the number of germs must be reduced to such a level that transmitting a disease by that surface is unlikely. Surfaces must be clean before they are sanitized, because surfaces cannot be effectively sanitized unless they are first clean. Sanitizers should not be sprayed when children are near enough to inhale the sanitizer.

An effective sanitizing solution can be made by mixing 1 tablespoon of liquid chlorine bleach in 1 gallon of water, or 1 scant teaspoon of bleach in 1 quart of water, and allowing it to sit on the surface to be sanitized for 2 minutes before rinsing or wiping. This solution should be used when there is potential for the child to put it in their mouths.

An effective sanitizing solution for body fluids and diapering areas can be made by mixing 1/4 cup of liquid chlorine bleach in 1 gallon of water, or 1 tablespoon of bleach in 1 quart of water, and allowing it to sit on the surface to be disinfected for 2 minutes before rinsing or wiping. This should be used when sanitizing areas where there is not potential for the children to put it in their mouths.

Bleach water solution loses its strength and is weakened by heat and sunlight. For maximum effectiveness a fresh bleach water mix should be made every day, and any leftover bleach water solution discarded at the end of the day.

